

Elizabeth Dykstra

Mass Heritage

Living My Life in Covid19

This past month of my life has been absolutely crazy, nothing I ever imagined happening. A month ago I was getting ready to run my first track meet at FSU, making new friends, enjoying all my classes and then one day it all changed. I was at track practice one day and our coach had to break the news to us that our season was suspended for 2 weeks after that day as well as having an extra week of break. We were all devastated, but we all had to think positive and just remember we'll be back and training in 2 weeks. None of us thought we would never be going back to school this semester. A couple days after that news we were all told our season was over, it was devastating. Ever since that everything just keeps getting worse and worse. Schools are closed till May, colleges are all online, and businesses are closed. This past month is something I would have never expected to happen in 2020 and who knows how much longer this will go on for.

When the virus was starting to get big here in the United States I was still working at Stop and Shop at the time. I remember when I was going to my shifts a majority of the people did not really care about the virus. None of them wore masks or anything to protect themselves. There were some people who did have masks on, but not as many as I thought there would be. Even at work I was cautious but I did not take as much caution as I should have. I was always using hand sanitizer so I knew I was doing what I could at the time. I only worked for the week of our spring break and I have not worked since. I was supposed to work last Saturday but I came down with a cold so I figured I would call out for everyone's safety. I did not have the virus, but

I was looking out for everyone else. After that shift I called my manager and decided to pull myself from work. I talked a lot with my family about this and they believe it was the best option for mine and their safety. I also know a lot of other people who got pulled from work as well, all of us feel bad but we know our management is not mad at us for this. Everyone has to take their own precautions and this is my way. I am trying to isolate myself as much as I can and this was my first step. Not working has been hard for me, but not being on the front line will keep me and my family safe and that is what matters in the end.

During an average day in quarantine my life is pretty boring. I usually wake up between 9:30 and 10:30 and then take a shower. After my shower I usually try to eat something if I am hungry if not I usually just go back in bed. Every week day I have a class at 12:30 so I will always be in class from 12:30-2:20. After class I usually try to eat something for lunch and then I work on homework until around 4. At that point I will go exercise in some way, it could be anything like going for a run, doing an ab circuit, or even both. I try to be active every day because it is a way to get out of the house and to feel better about myself. After I exercise I usually take a little time to just rest in bed and watch Netflix and then I eat dinner with my family between 6:30 and 7. After dinner I shower again, but this time I do not wash my hair, I just shower now to get all the sweat off and to feel clean. After I shower I work on homework for the rest of the night until I FaceTime my friend. My friend and I try to FaceTime every night and if we do not talk I will just sit in bed and watch Netflix. I usually try to go to bed between 2 and 3 in the morning. I wake up and do the same thing every day. I live a pretty boring life in quarantine, but there isn't really much I could do anyways.

I live with my sister, my Mom, and my Dad. Life in my house is pretty much the same as it was before I left for college. I was only gone for a semester and a half so not a whole lot has

changed. There is one thing that I have noticed though and that is the fact that my parents make me do a lot more work around the house than they did before. I was always doing work around the house, but now I have a lot more to do. I am mostly cleaning around our kitchen, but that takes up a whole lot of time. Every single night I have to do all the dishes and clean the kitchen from things my family used that day, whether it was me or not. My family just loves to leave all the dishes for me to do so that occupies most of my time. I communicate with my family the same way I always did before, in person. If I have to ask my family something I will just go up and ask them. We are trying to keep our distance a little more so we will text more than before, but in reality not a whole lot has changed with my family. The only real big thing is that I am unable to see my grandparents just to keep them safe. It is quite hard, but I know it is the best option. Overall, not much has changed with my family and my house, everything is still pretty much the same as before I left for college.

I used to live on campus at FSU. I would only go home every three weeks to work at my job back home and that is the only reason I go home. I thought going into school I would want to go home every week, but I soon learned that it was false. I love being at school, hanging with my friends all weekend and I wish I could go back to that right now. Being stuck at home has been truly awful. I miss all my friends and I miss having the freedom I had at school. When I am home I have so many chores to do and I am always being told what to do. At school I am on my own and I am able to make decisions for myself and I miss that. I am 19 years old and when I am at home I feel like I am 13, but at school I actually feel my age. I miss having the responsibility of being on my own. Being able to live at college has changed me so much already, I have developed into a much more responsible person and I miss that. It is not the end of the world that

I am stuck at home until August it just isn't the most ideal situation. When I go back to school I am hoping I can be just as responsible as before.

During this time, I have had to stay away from most of my family members for their safety. All of my grandparents have super weak immune systems due to other health reasons. Being forced to stay apart from them has been very difficult. I love them with all my heart and although I know this is the best thing it doesn't make it any easier to do. For my family in my house, it consists of my Mom, Dad, younger sister, and I. We have all been trying to keep our distance especially after this past week we had. My dad came into contact with someone who had to get tested for virus so we have been even more isolated than normal. The test results did come back negative which is good, but they still recommend we stay away from my Dad for 15 days, just as a precaution. It has been really hard for us because we are stuck in the house and we don't always get along, like most families. We are getting through it though, taking one step at a time.

I think that the government is doing a decent job handling all of this, but there is one thing to me that I think would help a lot better. I know that the Constitution states that each State has their own power, but I think at this point Trump should overtake that rule. I believe that Trump should shut everything down. If he were to shut everything down for two weeks, this would be able to resolve quicker. I know this is not practical but it is what I think it is what would be best for our country. They are taking as many cautions as they can, but it just seems like this is taking forever. Scientists have said that at this point (April 7th, 2020) we have not seen the worst of it yet and in order for this to get better we need to see the worse. It has already lasted a month and if we are not even at the worst yet who knows how long this is going to last. The government is doing all they can to help this end earlier, but there is only so much that they can

do right now. All we can do is wait and listen to what they tell us to do and as much as it sucks, if we listen it will all end faster.

The biggest hope that I have right now and that most people have is hoping that this will end very soon. Nobody is enjoying this quarantine and I guarantee that everyone in the world is hoping that this will end as soon as possible. A second hope that I have is that if this quarantine goes on longer than we thought I hope that I can see my friends soon. I understand the social distancing rule and it makes sense, but I really hope I can see all of them very soon. A third hope is that I will have my cross country season in the fall. Next semester is the very first time I am running cross country after only ever doing track and I am really hoping that the season still happens considering I had my track season cancelled. My fourth hope is that I hope the government can finally end this. I am really hoping that can find a solution for all of this to end a lot faster because I am getting really sick of this quarantine. My fifth hope is that I hope I do not get the virus. Most people are probably hoping this, but I am hoping it not just for me but for my family too. I am doing everything I can to not get the virus, I have not been out in public for weeks, but it is still a hope I have of mine.

My one big fear and everyone else's fear is that they are going to get the virus and die. There is a very low chance that I would die from it, but the thought is still swirling around my head. I am scared that I am going to get the virus and will spread it to one of my family members and they will not be able to fight it off. I do not want to have to live with that guilt my whole life, even though I know it was not my fault that they got it. I believe that everyone has the same fears right now and it is something that we can all bond from.

Talking to my friends right now has been quite difficult. This semester at college I made so many new friends and was looking forward to hanging out with them, but with the social

distancing we are not allowed to. I have been keeping in touch with most of them, but there are only a couple people I actually talk to. With all this modern technology we are allowed to video chat with pretty much anybody that you want to so it is pretty easy to talk to people. It was a lot easier before classes started again, but my friends and I are working on it. My friend and I try to FaceTime every day, even though there is not a whole lot new to talk about it is something that has been keeping me sane. Only being with your family is making me and a lot of other people go crazy so talking to someone else has been helping a lot.

When I first heard about Covid19 in China I never in a million years would have thought it would come to us. Once it was starting to get talked about I still thought it was crazy. My teammates and I would keep asking my coach about it and he never would have thought that our season would get cancelled. All of us just thought it was going to last a week or two. I still cannot believe this is something that is still effecting us and is going to keep affecting us for at least another month. I do have a few regrets because I did not get to say a formal goodbye to half of my friends, I thought I was going to see them in two weeks, I did not think I had to wait until August to see them. There are so many things I would have told people if I knew this was going to affect us this much. Looking back at all of this now though I realized I cannot change any of it and all I can do is move forward. If anything this experience has taught me to not take things for granted because everything can change in the blink of an eye and you never really understand that until something like this happens.

I am currently watching a lot of Netflix and Hulu to occupy my time. I am trying to not watch too much as it is not good for your eyes and brain but there is nothing else for me to do. I am currently watching a show with one of my friends, we watch it together over FaceTime and it gives us something to talk about with each other and it makes binging a show so much more fun.

I go to the Cape every so often and run every day to stay in shape for cross country in the fall. This has been a really hard adjustment for me but I am trying.

Overall, this experience has been really hard. I never would have thought something like this would happen in my lifetime and every day I am still hoping it's just a bad dream and that I am going to wake up from it, but I won't, it's real life. I have realized a lot about my life right now and how not everything is going to go as planned so I am not taking anything for granted anymore. I am going to live every day to the fullest. Something else that is getting me through this is the fact that the whole country is going through the same exact thing right now. We either all win or all lose and our country is in this together. The federal and state government are doing everything they can to help prevent the spread of the disease and that is all we can ask for. As they say in High School Musical "we are all in this together" and our country really is in this together.